

ANZA MAGAZINE

EDITORIAL CALENDAR



MARCH – APRIL: TROPICAL STATE

Singapore's climate is more than a backdrop – it shapes how we connect, eat, travel, and live. This guide is your all-in-one resource for thriving, not just surviving, in all weather conditions, while also giving you a crash course in urban wellness and getting your diet right. It covers everything from where to find the best indoor hideouts and ice cream on a rainy day, to how to stay mentally balanced when the weather turns sour. Plus, you'll get the lowdown on supplements, sustainable living, and smart travel during the monsoon.

MAY – JUNE: MIND & MOTION

We explore how we can keep our bodies moving, minds balanced, and social circles thriving for overall wellbeing Singapore.

This issue is packed with expert advice to immediately upgrade your life, from mastering daily health rituals (think better sleep and digital detoxes) to unlocking your mental edge with sports psychology secrets for more energy. We also reveal why strength training is the new non-negotiable for women and provide practical solutions for avoiding a total "Tech Wreck." Finally, find your tribe by celebrating the groups that build lasting friendships and get smart ideas for keeping the kids balanced.



JULY - AUGUST: SOFT LIFE, SINGAPORE

This issue explores how people are finding calm in the city in an ever-stressful world. Slow Down, Recharge, and Live Better.

This guide is your essential toolkit for modern tranquility. We explore the rise of "slow social" networks and show you how to design a morning ritual that guarantees a good day, every day. Plus, discover Singapore's hidden havens for low-stress art and music, learn the food and fitness rules for hot weather, and master the art of intentional travel that actually leaves you feeling refreshed.

SEPTEMBER – OCTOBER: HIT REFRESH!

Ready for Your Next Great Chapter?

This issue is your ultimate guide to embracing the exciting mess of change! We profile the inspiring individuals who discovered new passions later in life and give you a master list for upskilling in Singapore, from coding bootcamps to culinary classes. Whether you're an empty-nester, digital nomad, or a family starting fresh abroad, we have the expert blueprint for navigating the uncertainty—plus, essential advice on what's next for expat kids' education. Go ahead, press the reset button!



NOVEMBER – DECEMBER: JOY ACTUALLY

Your Best Holiday Season Yet: From Picnic Prep to Peace of Mind.

Ditch the winter blues and embrace the equatorial holidays! This issue is your guide to festive success, featuring fantastic tropical Christmas picnic ideas for a memorable spread. We also tackle the crucial stuff: practical strategies for coping with holiday burnout and homesickness. Plus, discover the power of simple pleasures (hello, quiet coffee!) and get smart tips for gamifying the holidays with virtual gift planning to keep the chaos in check. Finish the year strong with our list of regional getaways perfect for a final recharge.